



✔ Your product is compliant!

Your whole grain product meets all nutrient standards.

Brand

Maple Muffin

Serving Size

60.00 g

Product

Maple Muffin

First Ingredient

whole wheat flour



Enter your product's nutrition
information per amount SOLD
(including all components and
accompaniments)*

Nutrition Facts

Serving Size oz (about g) 60 ⓘ

Servings Per Container 1

Amount Per Serving

Calories 171

Calories from Fat

Total Fat (g) 5.12

Saturated Fat (g) 1.5

Trans Fat (g) 0

Sodium (mg) 198

Carbohydrates

Sugars (g) 14

*For BULK products only, enter servings per container as "1". Do not enter the servings per container for the entire bulk box or case.